

Mission:

To protect, promote & improve the health of all people in Florida through integrated state, county & community efforts.



Ron DeSantis
Governor

Scott A. Rivkees, MD
State Surgeon General

Vision: To be the **Healthiest State** in the Nation

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THE FLORIDA DEPARTMENT OF HEALTH IN FRANKLIN & GULF COUNTY URGE RESIDENTS TO GET FLU SHOT THIS HOLIDAY SEASON

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Apalachicola and Port St. Joe, Fla. — The Florida Department of Health in Franklin and Gulf is encouraging all unvaccinated residents to get their flu shot as soon as possible. Flu vaccination is the best way to prevent flu and its potentially serious complications.

Get the Flu Shot

The vaccine is recommended for everyone six months and older, including pregnant women. Individuals that are at most risk for getting severely ill from the flu are young children, pregnant women, people with certain chronic health conditions like asthma, diabetes, heart disease or lung disease, and people aged 65 years and older.

It takes approximately two weeks after vaccination for your body to develop protection against the flu. The Centers for Disease Control and Prevention (CDC) recommend getting a flu vaccine every year because flu viruses evolve quickly, and last year's vaccine may not protect against the current year's strain. Even if the vaccine does not fully protect against the flu, it may reduce the severity of symptoms and the risk of complications.

Where to Get the Flu Shot

Flu vaccines are offered at health care providers' offices, clinics, county health departments, pharmacies, schools, college health centers and from many employers. Find flu vaccine in your area: [VaccineFinder.org](https://www.vaccinefinder.org). Learn more: [FluFreeFlorida.com](https://www.flufreeflorida.com).

Florida Department of Health in Gulf County

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FloridaHealth.gov



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Healthy Habits to Help Prevent Flu

Good health habits like washing your hands can help stop the spread of germs and prevent respiratory illnesses like the flu. If soap and water are not available, use an alcohol-based hand rub.

Covering the mouth and nose with a tissue when coughing or sneezing may prevent those around you from getting sick. Make it a habit to clean and disinfect commonly used surfaces in your home, school or office.

Flu vaccines and good hand hygiene are still the go-to recommendations for prevention; however, public health officials say it's just as important to contain the virus, and that means staying home when you're sick — even if it means missing holiday festivities.

About the Florida Department of Health

The department, nationally accredited by the [Public Health Accreditation Board](#), works to protect, promote and improve the health of all people in Florida through integrated state, county and community efforts.

Follow us on [Facebook](#), [Instagram](#) and Twitter at [@HealthyFla](#). For more information about the Florida Department of Health please visit www.FloridaHealth.gov.